

Physical Agility Examination Process



Correctional Officer

Candidates for Correctional Officer must pass the physical agility examination as described below. It will test several physical performance abilities identified as necessary in the field of law enforcement. Successful completion of each physical test as specified is mandatory.



Evacuation Drill:

- ★ This test is designed to simulate a rescue of an inmate from a smoke filled housing area with some obstacles in the path and to evacuate an unconscious inmate to safety. Each applicant will be required to wear an SCBA pack, weighing approximately 30 pounds; from start to finish. Applicants will encounter a series of two obstacles to crawl under. Upon reaching the “dummy” (weighing approximately 164 pounds), the candidate will drag/carry the “dummy” to the finish line. This course is approximately 96.3 yards and MUST be completed in less than 60 seconds.



Upper Body Test:

- ★ Candidates must reach a cumulative score of 318 points using three separate apparatus in the following order:
 - 🏋️ Shoulder Strength Adduction – The candidate will pick up the shoulder strength device. The device will be held in front of the sternum and may rest against the chest with the forearms parallel to the floor. The palms will face towards the chest. The candidate will push the handles together with a maximum force and hold for up to three seconds.
 - 🏋️ Grip Strength – The candidate will squeeze the hand dynamometer making a maximum effort. The arm will be bent and raised upward and held head-high in front, with the elbow clear of the body. A downward thrust is allowed, but the hand, arm, or elbow may not touch the body or any object during the test. The effort should be held for no more than three seconds. The grip span of the dynamometer can be adjusted to fit the candidate’s dominant hand comfortably.
 - 🏋️ Dynamic Arm – The candidate will sit on the floor with legs extended on either side of the bicycle ergometer, with his/her back braced against the wall. Candidate will grasp the pedals of the bicycle and complete a maximum of 76 revolutions in a one-minute time period. The seat of the bicycle may be adjusted so it may be used as a headrest during this test.



Side Step:

- ★ The candidate will take a standing position astride the centerline, with feet parallel to the line. The candidate will then sidestep or slide to the left of the

centerline until the left foot touches or crosses the line on the left. The candidate will then sidestep or slide to the right, crossing the centerline and touching the line on the right. The sidestepping is repeated as many times in ten seconds as the candidate is able to accomplish. One point is scored each time the candidate crosses the centerline with both feet and one point is scored each time the candidate touches an outside line. The sidestepping or sliding movement must be done with the body facing forward and without crossing the feet one over another. Candidate must achieve a score of 13 points in ten seconds.